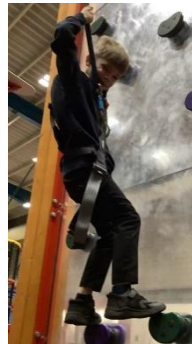


## Friday Newsletter 13<sup>th</sup> December 2024



★ This week the children in Year 2 who completed the Writing Project went to the climbing wall at Salt Ayre and then were treated to lunch at McDonald's as their reward. A fantastic time was had by all. We have been so proud of their achievements over the last 8 weeks, A big 'thank you' goes to all the adults who worked with and supported their child at home. Keep your eyes peeled for the next Year 2 Writing Project which will be starting in January.

### Year 5&6 Geographers

This week, Year 5&6 walked into Lancaster to conduct their Geography fieldwork. They gathered evidence through taking photographs, recording what they saw and speaking to members of the public. Their fieldwork was trying to answer the key question; does Lancaster meet the needs of the people who live there? The children were polite, respectful and hardworking. Great job Year 5&6.



**Regular Readers** The following children have read at home 7 times (or even more!) and we are so proud of them that we want to share their names with you!

**Miss Spencer** – Rory

**Mrs Walker** – Gracie, Dante, Aram

**Mrs Stoves** – Haiden, Lily B

**Mr Rose** – Amaan, Hollie, Isabella, Thaaranka, Sarah, Hannah, Leo M

Well done children – I am so proud of you for continuing to read every day. Fantastic work!

### Miss Spencer's Christmas Elves!

The children in Reception have been reading, 'The Christmas Pine.' Inspired by the story, they created beautiful Christmas tree



paintings using printing techniques and plenty of



sparkles.

In the Elf Workshop, the children worked collaboratively to craft patterned paper chains and 3D Christmas trees, bringing festive cheer to their classroom.



### Attendance

This week's winners of the best attendance prize are the children in Mrs Walker's class. Well done everyone!



### Stranger Danger

We always tell children not to talk to people at the fence to stop any unauthorised contact with the children in our care. We know that some people might be family friends or relatives, but not every member of staff knows every family member or friend of each child, so please support us in our job of keeping all children safe by not coming up to the fences to talk to the children while they are at school. Thank you for your support with this.



### School Council news

The school council have begun working on a project to improve the school grounds with Alex Hall who runs a project in the district called 'where the wildlings are'.



Children have been looking at the different species of plants and trees we have and have been looking at what we currently use the grounds for.

### Christmas Dates for your diaries

- |                                 |  |
|---------------------------------|--|
| Mon 16 <sup>th</sup> December   | 9.15am Nativity for Reception and KS1 parents and carers – <b>no babies or toddlers</b>                              |
| Tues 17 <sup>th</sup> December  | 9.15am Nativity for Reception and KS1 parents and carers – babies and toddlers welcome                               |
| Wed 18 <sup>th</sup> December   | 9.15am Carol Concert for KS2 parents<br>Pm Christmas parties (children can wear their own choice of clothes all day) |
| Thurs 19 <sup>th</sup> December | Christmas Dinner Day and Christmas Jumper Day  |
| Fri 20 <sup>th</sup> December   | Break up for Christmas   |



### Christmas Break

We break up for Christmas on Friday 20<sup>th</sup> December and return to school on Monday 6<sup>th</sup> January at the usual time. We wish all of our families a happy and peaceful Christmas and would direct you to our Safety at Christmas poster at the end of this letter to ensure that your holiday is a safe one!

Best wishes

C. Bright



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators

## SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

### 1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

### 2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

### 3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

### 4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

### 5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

### 6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

### 7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

### 8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

### 9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

### 10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

### Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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